

June 5, 2019

Release Date: June 12, 2019

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JOIN US FOR STORY PATH!

The article for this week is contributed by Carrie Sorenson, who has a Master's Degree in Public Health from George Washington University. Carrie is the Family and Consumer Sciences Educator in Frederick County focusing on healthy living and financial management.

Looking for a fun way for your children to enjoy the outdoors and a good book? Take a stroll along the Story Path! Starting on June 16th, you will be able to find Story Path in the Urbana District Park. The path is a series of individual story book pages posted on signs along a sidewalk in the park. Kids can enjoy the book by walking, running, skipping, hopping, or rolling from sign to sign. The signs will be up until the end of August, so you can enjoy them any time your family, daycare, or summer camp has a free moment to spend in the park. If you are participating in the Frederick County Public Library's Summer Challenge, you can get points for completing the Story Path! The book will change over the summer, so feel free to come back as many times as you would like!

Story Path (and other similar programs across the country) was created as a way to encourage kids to get outside, step away from the phone or TV screen, and enjoy a fun book. The pages of the book are placed over a distance of about a quarter mile, so kids can move while they read. If you are looking for more ways to help your children eat healthy, be more active, and have less screen time, check out LiveWell Frederick and the 5-2-1-0 program at <http://www.livewellfrederick.com/programs/5-2-1-0/>.

Over the summer, the book posted on the Story Path signs will change, but all the books have themes about eating healthy and being physically active. Although the Story Path is open to anyone, the books are short picture books and are most likely to be enjoyed by younger children. For more information and pictures of the Story Path in action you can check out <http://www.livewellfrederick.com/programs/storypath/>.

The first book posted on the signs will be *Rainbow Stew by Cathryn Falwell*. It is the story of three siblings who spend a rainy day with their grandfather picking vegetables to make his famous rainbow stew. If you want to make Rainbow Stew as well, the final page of the book is the following recipe:

HOW TO MAKE RAINBOW STEW

Yield: 4 cups; Cook Time: 40 minutes

1 tablespoon olive oil
1/4 cup chopped onion
1 garlic clove, minced
1/4 teaspoon each of three dried herbs (choose from basil, cilantro, oregano, parsley, rosemary, or thyme)
1/4 teaspoon salt
Dash of pepper
1 tablespoon water
1 teaspoon apple cider vinegar
2 cups chopped sturdy vegetables (choose from bell peppers, broccoli stems, cabbage, carrots, cauliflower, celery, eggplant, green beans, parsnips, potatoes, turnips, or winter squash)
1 cup liquid broth (choose from broth, tomato juice, or water)
2 cups chopped tender vegetables (choose from broccoli tops, kale, peas, spinach, summer squash, tomatoes, or zucchini)

1. Heat olive oil in a large pot over low heat. Add onion and stir for 2 minutes.
2. Add garlic and stir for 1 minute.
3. Add herbs, salt, pepper, water, and vinegar. Stir and cook for 1 minute.
4. Add sturdy vegetables. Stir and cook for 2 minutes.
5. Carefully pour in liquid broth. Stir, cover pot, and cook over low heat for 15 minutes.
6. Add tender vegetables. Stir, cover pot, and cook for 15 minutes. Check occasionally and stir gently to keep vegetables from sticking to bottom of pot. Add more liquid if stew starts to stick or gets too thick.
7. Test vegetables for tenderness with a fork. For softer vegetables, cook another few minutes. Taste and add more salt and pepper, if needed.
8. Ladle stew into serving bowls and enjoy!

Optional ingredients: Cook all optional ingredients separately. Add them last and cook stew a few more minutes until they are heated through. Add more liquid, if needed.

- Barley, lentils, noodles, pasta, rice, or split peas
- Black beans, cannellini beans, garbanzos (chickpeas), or kidney beans
- Beef, chicken, fish, or pork (cut into bite-size pieces)

This project was made possible through funding from LiveWell Frederick and the joint work of Frederick County Public Libraries, Frederick County Parks and Recreation, and University of Maryland Extension – Frederick County. We hope you love Story Path! For more fun Rainbow Stew activities, check out <http://www.rainbowstewbook.com/>.

Recipe adapted from: FALWELL, C. (2019). RAINBOW STEW. New York, NY: Lee & Low Books.

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